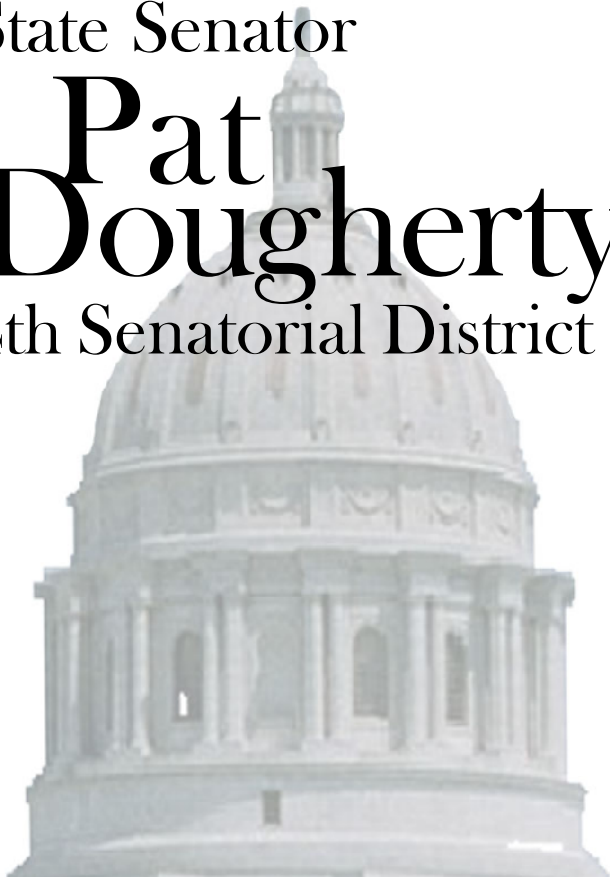


State Senator
Pat Dougherty
4th Senatorial District



MISSOURI STATE SENATE
Senator Patrick Dougherty
State Capitol
Jefferson City, MO 65101



Community
Services
Directory

2006
Edition

PRSR STD.
U.S. POSTAGE
PAID
Jefferson City
MO 65101
Permit No. 220

**VISIT THE STATE OF
MISSOURI GOVERNMENT
HOME PAGE**

ALL STATE DEPARTMENTS CAN BE ACCESSED AT THIS INTERNET ADDRESS:

<http://www.state.mo.us>

The Missouri House and Senate web pages offer you bill summaries, committee member lists, bill activity rosters, and more.

LIVE DEBATE OF THE GENERAL ASSEMBLY

Now you can listen to the legislature while it is in session and debate is scheduled. This service is now available for the House of Representatives at www.house.state.mo.us or for the Senate at www.senate.state.mo.us and click on Real Audio Debate.

Dear Friends:

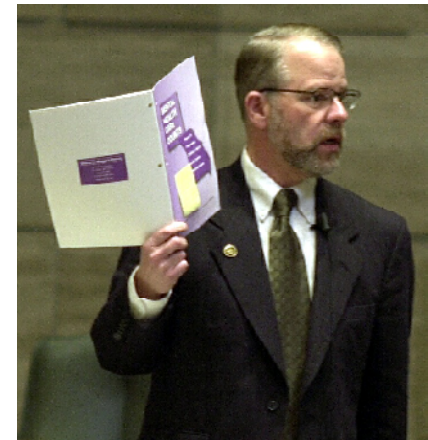
It is my sincere hope that the information in this booklet has been useful to you. If you did not find the answers you were looking for, or if I can be of any further assistance, please feel free to contact my office. We look forward to hearing from you.



Capitol Office:
Missouri State Senate
State Capitol
Jefferson City, MO 65101
573-751-3599
FAX 573-751-0266
pat_dougherty@senate.state.mo.us

CONTACT SENATOR DOUGHERTY

Senator Patrick Dougherty
Missouri State Senate
State Capitol Bldg.
Jefferson City, MO 65101
(573) 751-3599
pat_dougherty@senate.state.mo.us



Senator Dougherty fighting for you on the Senate floor

MISSOURI STATE OFFICIALS

MATT BLUNT

Governor (573) 751-3222
Room 216, State Capitol
Jefferson City, MO 65101
St. Louis Office (314) 340-6900

PETER KINDER

Lt. Governor (573) 751-4727
Room 121, State Capitol
Jefferson City, MO 65101
St. Louis Office (314) 340-7228

ROBIN CARNAHAN

Secretary of State .. (573) 751-4936
Room 208, State Capitol
Jefferson City, MO 65101
St. Louis Office (314) 340-7490

CLAIRE McCASKILL

State Auditor (573) 751-4213
Room 224, State Capitol
Jefferson City, MO 65101

SARAH STEELMAN

State Treasurer (573) 751-2411
Room 229, State Capitol
Jefferson City, MO 65101
St. Louis Office (314) 340-7856

JAY NIXON

Attorney General (573) 751-3321
Supreme Court Building
Jefferson City, MO 65101
St. Louis Office (314) 340-6815

ELECTED FEDERAL OFFICIALS

United States Senators

CHRISTOPHER S. BOND

274 Russell Office Building
Washington D.C. 20510
(202) 224-5721 FAX (202) 224-8149
St. Louis Office (314) 725-4484
770 Bonhomme 63105

JIM TALENT

517 Hart Office Building
Washington D.C. 20510
(202) 224-6154 FAX (202) 228-1518
St. Louis Office (314) 436-3416
111 S. Tenth 63102

Representatives in Congress

RUSS CARNAHAN

1232 Longworth House Building
Washington, D.C. 20515
(202) 225-2671
St. Louis Office (314) 962-1523
11140 S. Towne Square #201
St. Louis MO 63123

WM. "Lacy" CLAY, Jr.

415 Cannon House Office Building
Washington, D.C. 20510
(202) 225-2406
St. Louis Office (314) 367-1970
625 N. Euclid St., Suite 200
St. Louis MO 63108

YOUR STATE SENATOR

PATRICK DOUGHERTY..... (573) 751-3599
(573) 751-0266 FAX

Room 330, State Capitol, Jefferson City, MO 65101
pat_dougherty@senate.state.mo.us

Home - 4031 Parker Ave., St. Louis, MO 63116..... (314) 772-1948
Home Fax..... (314) 664-2164

ST. LOUIS CITY GOVERNMENT

ELECTED OFFICIALS UNDER CITY CHARTER

Mayor Francis Slay, City Hall 622-3201
Comptroller Darlene Green 622-3297
President Board of Aldermen Jim Shrewsbury 622-3287
MEMBERS-Board of Aldermen (28), City Hall 622-3287

ALDERMEN IN THE 4th DISTRICT

1st Ward Charles "Quincy" Troupe 622-8971
4th Ward O. L. Shelton 622-3287
8th Ward Stephen Conway, 3908 Flora 63110 773-4329
10th Ward Joe Vollmer, 5345 Wilson Ave 63110 772-4289
12th Ward Fred Heitert, 7343 Yates 63116 353-4711
14th Ward Stephen Gregali, 4645 Leona 63116 752-0868
15th Ward Jennifer Florida, 3873 Hartford 63116 776-2890
16th Ward Donna Baringer, 6476 Murdoch 63109 481-8024
17th Ward Joseph Roddy, Room 230, City Hall 63103 622-3287
18th Ward Terry Kennedy, 4101 Washington 63108 622-3287
19th Ward Michael McMillan, 3423 Grandforest Dr. 63103 622-3773
21st Ward Bennice Jones King, 4485 Penrose 63115 389-2331
22nd Ward Jeffrey Boyd, 1438 Rowan 63112 383-2693
23rd Ward Kathy Hanrahan, 6550 Marquette 63139 646-1898
24th Ward Bill Waterhouse 645-7595
26th Ward Frank Williamson, 5450 Clemens 63112 361-3835
27th Ward Gregory Carter, 1733 Veronica 63147 382-7700
28th Ward Lyda Krewson, 502 Lake Ave. 63108 367-9765

ELECTED OFFICIALS UNDER STATE LAW

Circuit Attorney Jennifer Joyce 622-4941
Circuit Clerk Mariano V. Favazza 622-3241
City Treasurer Larry Williams 622-3434
Collector of Revenue Ronald Leggett 622-4111
License Collector Gregg Daly 622-4643
Public Administrator Gerard Nester 622-4394
Recorder of Deeds Sharon Carpenter 622-4393
Sheriff James Murphy 622-4851, 622-4766

ST. LOUIS CITIZEN'S SERVICE BUREAU

CITY HALL (Assistance With Problems) 622-4800
OFFICE ON THE DISABLED (Voice) 622-3686
(TDD) 622-3693

POLICE

EMERGENCY **911**
NON EMERGENCY POLICE 231-1212
AREA 1 Police Station, 3157 Sublette Ave. 63139 444-0100
AREA 3 Police Station 4014 N. Union 444-0001

— ABUSE/STRESS HOTLINES —

Spouse/Adult Abuse/Shelter for Battered Women	772-4535
Rape Hotline	531-2003
Aging Senior Services & Referral	1-800-235-5503
Child Advocacy Center	314-535-3003
Child Abuse/Neglect	1-800-392-3738
Elderly Abuse/Neglect	1-800-392-0210
Family Services Hotline	1-800-392-1261
Parental Stress Help Line	1-800-367-2543
Safe Schools Hotline	314-889-SAFE

ADOPTION

Ever consider adopting a child? There are many children eligible for adoption in Missouri who are eagerly awaiting permanent homes. Visit the MO Dept. of Social Services Photo-adoption website at www.dss.state.mo.us or call the Foster-Adoptline at **1-800-554-2222** for more information.

BLIND SERVICES

Missouri School for the Blind	776-4320
Delta Gamma Center	776-1300
Preschool services to blind and visually impaired children and their families.	
St. Louis City Special Education	454-0010
Rehabilitation Services for the Blind	890-4200, 877-0151

BUSINESS ASSISTANCE AND REDEVELOPMENT PROGRAMS

Resources listed here are to help businesses grow as well as to resolve problems.

Community Development Agency	622-3400
Planned Industrial Expansion Authority; Land Clearance Redevelopment Authority; Land Reutilization Authority; Industrial Development Authority	
Corporation of Retired Executives	539-6600 ext. 248
Missouri Dept. of Economic Development One Stop Shop	340-6823
Small Business Administration	539-6600
Small Business Administration Information	539-6600
So. Grand Community Improvement District	772-5750
South Grand Business Association (Lenita Moore)	772-4640
St. Margaret's Housing Corporation	771-4170

CHILD ABUSE PREVENTION

Missouri Children's Trust Fund. This trust was created to help citizens take part in preventing child abuse. Donations to the trust are used to support local community based prevention efforts. YOU can help. One way is to purchase a CTF license plate for \$25 (+handling fee and your own vehicle renewal cost). Your donation goes to help prevent child abuse. For more information, contact 888-826-5437

COLLEGE TUITION

Missouri Saving for Tuition (MO\$T), tax program where anyone - a parent, grandparent, relative, or friend - can open, and contribute, to a MO\$T account for a child's future education and receive a tax deduction..... 1-888-414-MOST

Website: www.missourimost.org

COMMUNITY EDUCATION CENTERS

Community schools serve the community by offering a wide variety of programs from pre-school, to senior citizen organizations, parenting classes, and more. Call for more information.

Fanning CEC , 3410 Giles 63116	865-4894
Ford CEC , 1383 Clara 63112	383-7001
Hamilton CEC , 5819 Westminster 63112	367-6996
Nottingham CEC , 4915 Donovan 63109	352-1163
Shaw CEC , 5329 Columbia Ave 63139	776-4327
Sherman CEC , 3942 Flad 63110	772-9550
Walbridge CEC , 5019 Alcott 63120	261-8282
Williams CEC , 3955 St. Ferdinand 63113	652-4548
Yeatman CEC , 4265 Athlone 63115	261-8134

CONSUMER PROTECTION INFORMATION

Better Business Bureau	645-3300
Consumer Affairs Office	444-8846
U.S. Department of Health & Human Services	
Consumer Protection — Office of Attorney General	1-800-392-8222
Federal Information Center	1-800-688-9889
Provides information on all government programs and activities. 24 hours.	
U.S. Consumer Product Safety Commission	1-800-363-3732
Will answer questions about the safety of a product or handle complaints.	

COUNSELING & GUIDANCE

Alanon & Alateen	645-1572
AA—Alcoholics Anonymous	647-3677
Birthright Counseling	962-5300
Community Psychological Services	516-5824
Consumer Credit Counseling	647-9004
Counsels on debt problems and money management.	
Council on Alcoholism & Drug Abuse	962-3456
Serves adolescents, young adults and their families. Drug education programs for schools and other groups. Hotline deals with adverse drug reactions, referral.	
Life Crisis Services	647-3100
Hotline (24 hours)	647-HELP
Crisis intervention for suicidal & emotionally distraught people.	
Planned Parenthood	865-1850
Psychological Service Center	935-6555
Outpatient mental health clinic operating within the Psychology Department of Washington University, dealing with relationship difficulties, depression, low self-esteem, anger, and aggression.	

Rape Hotline	531-2003
THEOS (They Help Each Other Spiritually)	822-3111
Interdenominational self-help support group for recently widowed men and women under retirement age.	
United Way	421-4636

CRIME PREVENTION

Anonymous Drug/Gang Hotline	241-COPS
Neighborhood Watch (Public Affairs)	444-5606
A program sponsored by the St. Louis Police Department which brings neighbors on a street together to learn how to fight crime.	
Operation Safestreet	622-3444
Offers deadbolt locks for front and back doors, peephole window for front door, window locks for first floor windows, basement door barricade, basement window bars and smoke detectors.	

EDUCATION

St. Louis Comm. College at Forest Park , 5600 Oakland	644-9100
College for Living	569-1324
Provides continuing education for persons with developmental disabilities at local community college settings.	
Education Grants and Loans	
Educational Opportunity Centers	352-4113
Counselors help match your interests and capabilities with suitable job training or career education; help on GED, selecting a college or vocational school, apply for admission, and financial aid, identify your academic weaknesses; obtain tutoring. FREE.	
Federal Student Information Center	1-800-433-3243
P.O. Box 84, Washington, D.C. 20044. 8 a.m.-7 p.m.	
Inquiries concerning receipt or processing of Free Application For Federal Student Aid (FAFSA). Mon.-Fri. 8 a.m.-7 p.m., or to request duplicate copies of documents, contact:	
	(319) 337-5665
Student Financial Aid Information Service Center	(573) 751-3940
P.O. Box 6730, Jefferson City 65102	
GED Test Center	340-3654
International Institute , 3654 S. Grand 63118	773-9090
Literacy Council	776-7102
Organization of trained volunteers that provides one-to-one instruction for adults who are non-readers or beginning readers. Also provides English language classes for non-English speaking people.	
Parents as Teachers Program	432-0749
Free program for children under age three. Parent educator makes home visits, uses "play time" activities to test hearing, vision, language and physical development.	
Scholarship Foundation of St. Louis	725-7990
Provides interest-free loans, based on need, to high school graduates in technical schools and colleges on undergraduate and graduate levels.	
Thomas Dunn Memorials	353-3050
Offers free adult education classes.	

ST. LOUIS PUBLIC SCHOOLS

Adult Education Division	367-5000
Board of Education - Board Member's Office	345-2376
Central Office	231-3720
Division of Special Education	633-5300
Free programs for students with these handicaps: mental & physical, behavior disordered, learning disabled, speech & language impaired. Home/hospital teaching services provided if too ill to attend school.	
Transportation Office of Voluntary Interdistrict Desegregation	721-8657

EMERGENCY SHELTERS & HELP

Catholic Charities	371-HELP
Salvation Army Hope Center , 3740 Marine	773-0980
Emergency care center to meet the needs of children, birth to age nine, who are abused, neglected or abandoned.	
Housing Resource Center , 800 N. Tucker	802-5444
Provides information and referral to households experiencing any type of housing crisis - rent/mortgage/utility delinquency, homelessness, etc. 8 a.m. to 8 p.m., 7 days a week. Eviction/Foreclosure Prevention - Hotline callers who are delinquent in rent or mortgage are referred to this in-house prevention program. Successful applicants receive up to one month's worth of the delinquent amount, followed by one year of case management with a housing counselor. Relocation Assistance - Hotline callers residing in housing that is doubled-up/overcrowded, condemned, or otherwise inadequate are referred to this in-house prevention program.	
Prescription Drugs , The research-based pharmaceutical industry has had a long-standing tradition of providing prescription medicines free of charge to physicians whose patients might not otherwise have access to necessary medicines.	
Christian Service Center , 1000 N. 19th	231-1515
Temporary shelter for families	
Crisis Nursery	768-3201
Provides temporary shelter (up to 72 hrs.) for children (age 0-8) of families in crisis. Also provides referrals for parents.	
Harbor House	652-3310
In-resident alcohol & drug rehabilitation programs for men and women.	
Harbor Light , 3010 Washington	652-3310
Low cost housing for homeless men.	
Isaiah 58 Ministries , 2149 S. Grand	776-1410
Provides Family Crisis Ministry for low income families and individuals including emergency food, clothing and loans to assist with payment of rent, utilities and medical necessities.	
Karen Catholic Worker House	621-4052
Provides long term & emergency shelter for women.	
Lutheran Family & Children Services	787-5100
New Life Evangelistic Center (Christian outreach ministry)	421-3020
Programs include free counseling, emergency housing, financial assistance, food, dental clinic, clothing store; weekly job listings.	
St. Martha's Hall	533-1313
Temporary shelter for abused or threatened women and their children. Provides support groups; counseling; assistance through legal, medical, social and governmental agencies.	

St. Patrick Center , 800 N. Tucker	802-0700
St. Peter & Paul Shelter	621-5520
St. Vincent de Paul Society	531-2183
Limited financial assistance provided on an individual basis.	
Salvation Army Family Haven , 3744 Lindell	534-1250
United Way	421-4636
Women's Safe House	772-4535
For women and children. Can stay up to 60 days (can be extended). \$4 per family. Fees can be waived. 24 hr. hotline.	
YWCA Sexual Assault Center	726-6665
YES (Youth Emerg. Services)	727-6294

EMPLOYMENT

AARP — Senior Community Service Employment Program	533-5566
For adults 55+. Provides on-the-job training for a 20 hour week; salary and fringe benefits paid by Program. Call for details.	
Employment Security Office , (MO Career Center) 4811 Delmar	877-0916
Graffiti Eradication Program	772-4646
c/o Operation Brightside, 4646 Shenandoah 63110.	
A year-round program for 18-23 year old young adults who are paid for work on important environmental improvement and community development projects.	
Job Search Assistance Program	613-2200
Free service thru Human Development Corporation, 3446 S. Grand.	
Project JESS	644-1913
Empoloyment placement for developmentally disabled.	
SLATE — St. Louis Agency on Training & Employment	589-8000
Urban League	615-3621

ENERGY ASSISTANCE

Cooling Information Help (HDC)	535-7607
Emergency Energy Assistance Program (HDC)	535-7607
Energy Conservation (HDC)	535-7607
Energy Assistance (DFS)	340-7600
Missouri Energycare	340-7600
Its purpose is to help elderly, disabled and low-income residents meet their heating/cooling needs; works with utilities to prevent cut-offs; promotes use of weatherization materials, etc.	
Urban League	652-8228

ENVIRONMENT

Organizations focusing on Environmental concerns.

American Lung Association	314-645-5505
Provides information on outdoor and indoor air quality or 1-800-LUNG-USA	
Coalition for the Environment	727-0600
Conservation & Renewal Energy Information	1-800-363-3732
1-877-337-3463	
Provides information for homeowners about energy conservation and renewable resources.	
Conservation Federation of Missouri	(573) 634-2322

Department of Natural Resources	1-800-361-4827
Earth Ways - St. Louis Environment Organization	531-1996
Environmental Defense Fund	1-800-225-5333
(Information, especially about recycling)	
Environmental Protection Agency (EPA)	1-800-223-0425
Missouri Conservation Commission	(636) 441-4554
Missouri Energy Resources Project	645-7752
Non-profit educational organization focusing on energy and conservation for teachers.	

Missouri Public Interest Research Group	454-9560
National Resources Defense Council	(212) 727-2700
National Wildlife Federation	(703) 438-6000
Sierra Club (Grass Roots - Environment)	644-0890

FAMILIES & CHILDREN

Many services have a fee "Based On Ability To Pay."

Care & Counseling, Inc.	438-6000
Provides counseling by pastoral counselors. Fees BOATP.	
Catholic Family Services	792-7030
Provides professional counseling to those experiencing stress.	
Catholic Services for Children & Youth	792-7400
Provides services for children in own homes, adoptive and foster homes, residential group care and services for unmarried and single parents.	
Child Center of Our Lady	383-0200
Serves emotionally disturbed children through age 17.	
Child Day Care Association of St. Louis	531-1412
Information and referral to help parents select day care programs.	
Child Guidance Center	454-6000
Provides short-term and crisis intervention to children thru high school age and their parents. Fees BOATP.	
Christian Family Services	968-2216
Family counseling agency. Services include adoptions, foster homes, homes for unwed mothers. Fees BOATP.	
Crisis Nursery	768-3201
Provides temporary shelter (up to 72 hrs.) for children (age 0-8) of families in crisis. Also provides referrals for parents.	
Division of Child Support Enforcement 111 N. 7th	340-7400
Domestic Violence Hotline	1-877-946-6854
Domestic Violence Intervention Partnership	877-2012
Provides Victim Advocates	
Family Resource Center	534-9350
Prevention and treatment of child abuse and neglect through individual, group and family therapy; emphasis upon parent training and home-based service; preschool program for abused and neglected children.	
Isaiah 58 Ministries , 2149 S. Grand	776-1410
Family Crisis Ministry for low income families/individuals. Emergency food, clothing and loans to assist with rent, utilities and medical.	
Jewish Family & Children's Service	993-1000
Offers service to those with emotional problems. Counseling, service to unmarried	

mothers, homemaker service, resettlement services.

Kids in the Middle 909-9922

Counseling agency for separated, divorced and remarried families.

La Leche League of Greater St. Louis 424-3900

Latchkey Kids, South Side YMCA, 3150 Sublette 644-3100

Latchkey is quality low cost child care for working parents. It runs Monday-Friday, before and after school. There is a program for students in 1/2 day kindergarten.

Transportation from the school to the Y and other latchkey sites is often provided.

Lutheran Family & Children's Services 534-1515

Counseling in problems of family relationships, child behavior, marital conflict, unwed parents; adoption services.

Midtown Catholic Family Services, 1202 S. Boyle 534-1180

Parental Stress Hotline 1-800-367-2543

Parents Anonymous 539-4052

Program offers group sessions to families as means of preventing/treating child abuse. Parents join anonymously without fear of rejection.

Provident Counseling 533-8200

Counseling to individuals and families in areas of child behavior, marriage, divorce, family relationships, problem drinkers, unmarried parenthood, adoption, the elderly, preretirement planning, stress management, divorce adjustment.

Fees BOATP.

Raven (Rape and Violence End Now) 645-2075

Help for men involved in domestic violence and rape. 24 hours.

Suicide Hotline 647-4357

Suicide Hotline-Kids under 21 644-5886

Suicide Crisis Intervention 647-HELP

T.L.C. for Kids 725-5660

Provides screened full-time/part-time nannies, babysitters, nurses aides and "Round-the-Clock" caregivers.

Villa Maria Center 664-4715

Provides comprehensive program for unmarried and single parents. Includes counseling, educational program, maternity residence.

CHILDREN'S DIVISION

City Office, 3545 Lindell 340-5000

Adoption 340-6974

Child Abuse - New Cases 340-7110

Child Abuse Treatment 301-7800

Child Support Enforcement 877-2200, 340-7707

Day Care Licenses 340-5600

Foster Care 340-6864

FOOD HELP

Emergency help is often available when someone is without food. These organizations may be able to help. For more information call:

Dial HELP 371-4357

New Life Evangelistic Center 421-3020

Operation Food Search 726-5355

Salvation Army 534-1250

Southside Gateway Center (HDC), 7714 S. Broadway 613-0019

Help for emergency situations, energy assistance and more. Call for more details.

To donate food, call any of the above or call:

St. Vincent de Paul Society 531-2183

United Way Information and Referral 421-0700

FOSTERCARE

Looking for a way to make a difference in children's lives? Consider becoming a foster parent and give a child a home when they cannot be with their own families. For more information about the rewards of being a foster parent in St. Louis City, call 340-6864. Additional information can be found at www.dss.state.mo.us/dfs/cps.

City CASA (Court Appointed Special Advocates) 552-2352

City CASA volunteers change the lives of children in foster care by speaking for them in court and helping them move out of foster care and into safe, nurturing homes where they can reach their potential and have hope for a positive future. City CASA Guardians ad litem cut the time children spend in foster care by half and assure they receive all the help they need while in care.

FACC 1-800-FOSTER3

Clearinghouse for people interested in fostering and adopting as well as support for foster care parents.

GENERAL ASSISTANCE

Citizens Service Bureau, City Hall 622-4800

8 a.m. to 5 p.m. Monday through Friday. Call CSB with questions and complaints related to any problem the city government deals with.

Dial HELP 371-4357

General information and referral service on community resources.

First Call for Help (United Way) 421-4636

St. Louis area information on human-care services; extremely complete.

Neighborhood Stabilization Team City Hall 622-4628

GRACE HILL NEIGHBORHOOD SERVICES

2600 Hadley 241-2200

Grace Hill is a multi-service social service agency that provides direct services within the self-help traditions of the Settlement House movement through neighborhood organization. Primary focus on female heads of households, their dependent children and the elderly.

Its programs include:

M.O.R.E. Program—a self-sufficiency program which enables clients to solve crisis within their neighborhoods, obtain community outreach training, job training, and to volunteer their time to help others

Grace Hill Neighborhood Health Centers, Inc.

Grace Hill, 2600 Hadley..... 241-2200

Water Tower, 4308 N. Grand..... 340-3222

Soulard, 2028 S. 12th St..... 539-9800

South, 3400 S. Jefferson..... 577-6232

St. Patrick's, 800 N. Tucker..... 802-0711

St. Stephen, 1400 Park..... 539-9850

Head Start Programs, various locations..... 539-9529

Midtown Catholic Family Services 534-1180

Siteman Cancer Center 454-5599

The Family Center self-help program, 2529 N. 11th St.539-9590
Welfare to Work Programs, 2614 N. 14th St.....539-9833
Women's Business Center, 2324 N. Florissant Ave.....539-9840

HEALTH

362 Mom's 362-6667
American Cancer Society 286-8100
Information about cancer and ways to volunteer.
American Lung Association.....645-5505
or 1-800-LUNG-USA
Provides information and education on lung health, asthma management, smoking prevention and cessation, tuberculosis, and air quality. Provides 24-hour toll-free Call Center for all questions related to lung health.
Health Care for Kids, 4055 Lindell Blvd. 535-7701
Provides "urgent care" for children - open 3 to 11 p.m. Monday through Friday and from 10 a.m. to 8 p.m. on the weekends.
MOTIS (800) 645-6145
Provides information about the effect of infections and exposures to medication or other drugs or chemicals which may be harmful to an unborn child.
Pediatric Answer Line 454-KIDS
Poison Center at Cardinal Glennon Hospital 772-5200

HOUSING

Catholic Community on Housing 241-5600
H.O.P.E (Housing Options Provided for the Elderly) 776-0155
4265 Shaw, St. Louis 63110.
Housing option consultation, education to community resources for housing option development within Missouri.
Housing Resource Center 800 N. Tucker 802-5444
Housing Solutions 381-4080
Missouri Housing Development Commission 877-1350
St. Louis Housing Authority 531-4770
Assistance for individuals, families and special programs for seniors.
St. Louis Reinvestment Corp. 588-9334
St. Patrick Center, 800 N.Tucker..... 802-0700
St. Patrick Center is a multi-service agency serving those who are homeless and at risk of becoming homeless in St. Louis city and county. Emphasis is placed on those who experience mental illness or chemical dependence and those living at the poverty level.
Programs Include:
Drug and Alcohol Program offers counseling, education, fellowship, group meetings and after-care.
Employment, Training, Job Placement Program offers full-service screening, training, employability counseling, and job placement programs for homeless and at-risk clients and homeless veterans.
BEST (Building Employment Skills for Tomorrow) is an on-the-job training program that teaches homeless, mentally ill or recovering individuals janitorial, repair and light remodeling skills.
Independence Housing Program helps newly employed families find market-rate housing.

Living Skills Center Program offers six-week courses on nutrition, budgeting, decision-making, parenting, and esteem building, to teach homeless and poor single parents life skills.

Other programs St. Patrick Center offers:

Rosati Center Program is a residential care facility that provides 29 beds of transitional housing for homeless mentally ill individuals who have been referred from agencies or hospitals. Residents receive counseling and learn daily-living skills.

Women's Shelter Program provides homeless, mentally ill or chemically dependent women with a safe place at night and Shamrock Club services in the daytime.

St. Louis Transitional Hope House 382-3801

INSURANCE PROBLEMS

CLAIM Program 1-800-390-3330
CLAIM (Community Leaders Assisting the Insured of Missouri) is a FREE program of the Department of Insurance. The program is designed to make available trained, certified volunteers in each of the 34 state senatorial districts to help senior citizens with health insurance questions. These volunteers assist consumers with the complicated paperwork associated with health insurance. They inform seniors about: policy comparison, claim benefits filing, Medicare approved coordinated care options, Medigap insurance, the Medicare appeals process, and detection of fraud and abuse.
Missouri Department of Insurance 1-800-726-7390
Truman Office Building, Jefferson City, MO 65101
Insurance Division - St. Louis Office 340-6830
111 N. 7th, Rm. 229 63101
Workers' Compensation Insurance Information 1-800-775-2667

LEGAL ASSISTANCE

Aid for Victims of Crime 652-3623
24 Hour Crime Victims Hotline 652-3623
Catholic Legal Assistance Ministry 977-3993
Civil Rights Enforcement Agency 622-3301
Lawyer's Reference Service 621-6681
Legal Services of Eastern Missouri 534-4200
Public Defender 340-7656
Victim/Witness Assistance Unit 622-4373
Support services and professional counseling for victims of crime.

MEDICAL INFORMATION

Patient Advocate Foundation 1-800-532-5274
PAF is a national non-profit organization that serves as an active liaison between patients and their insurer, employer and/or creditors to resolve insurance, job discrimination and/or debt crisis matters relative to their diagnosis through case managers, doctors and attorneys. PAF seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability.
AIDS Help Metro Program, St. Louis (314) 612-5188
AIDS Prevention Bureau 877-2890
American Red Cross, 4050 Lindell 658-2000
AIDS testing and counseling. Fee involved.

CDC Sexual Transmitted Disease	1-800-227-8922
HIV/AIDS	1-800-342-AIDS
Metropolitan St. Louis AIDS Program	612-5188
634 N. Grand, Rm. 436. Free testing & counseling. Appointment only.	
Reach St. Louis	865-1600
St. Louis Effort for AIDS	645-6451
Case Management Services	362-5574
Childhood Cancer Information Service of Missouri	1-800-4-CANCER
Lead Poisoning Clinic, 634 N. Grand	612-5450
Lead Education	573-526-4911
MC+ Program	1-888-275-5908
Medicaid	1-800-392-2161
St. Louis Medicaid Office	340-5118
Medicare	1-800-633-4227
Missouri Dept. of Health & Senior Services	340-7300
Missouri Division of Family Services 3545 Lindell	340-5000
Temporary Assistance, Housing and Medical Assistance.	
Pathways Community Hospice	636-391-2223
Poison Center at Cardinal Glennon Hospital	772-5200
St. Louis Connect Care	361-2273
Social Security Administration	1-800-772-1213
South St. Louis Office, 4365 Chippewa, St. Louis 63116	
CWE Office, 5669 Delmar 63112	
Visiting Nurses Association	918-7171

MENTAL HEALTH

Department of Mental Health offers programs to assist the community.

Division of Alcohol and Drug Abuse	877-0370
Division of Comprehensive Psychiatric Services	877-0370
Division of Mental Retardation & Developmental Disabilities -	
St. Louis Regional Center, 3101 Chouteau	301-3900

METROPOLIS ST. LOUIS

Want to get more involved in making our city a great place to be? One way is to join and be a part of Metropolis St. Louis. Founded in 1997 by a small group of young people, they are now over 1000 strong and working to create and promote an environment in the City of St. Louis that attracts and retains young people. They believe in a city committed to its people, economically and racially diverse, that looks forward to the future without neglecting its history and encourages growth and opportunity, with a strong central city and a growing, vibrant young population. Metropolis has action-oriented projects, meetings, newsletters and more. For further information you can contact them at **Metropolis St. Louis, P.O. Box 56578, St. Louis 63108**, Phone: **206-3246**, or on the web at **www.mstl.org**.

NEIGHBORHOOD ASSISTANCE PROGRAMS

Citizens Service Bureau	622-4800
Housing Conservation District	622-3352
Operates in parts of several wards. Inspects buildings when there has been a change of ownership or tenants to determine whether the building meets requirements of city's conservation ordinance, including overcrowding.	

Neighborhood Stabilization Office	622-4628
Consists of neighborhood liaison officers who serve as a link between City Hall and the neighborhoods. They help resolve problems and work closely with neighborhood associations.	
Operation SafeStreet	622-3444
Acts as an adviser to neighborhood crime-prevention groups. Provides a home-security package at minimal or no cost to all city residents, as well as free smoke detectors.	
Operation Brightside	772-4646
Organizes neighborhoods in an annual spring clean-up effort; also removes graffiti from buildings.	

NEIGHBORHOOD ORGANIZATIONS

Academy-Sherman Park Neighborhood Assn. , 5054 Cates, 63108	367-8019
Bevo Area Comm. Improvement , 4705 Ridgewood 63116	352-0141
Central West End Assn. , #5 Maryland Plaza, 63108	367-2220
Cheltenham Neighborhood Assn. , 5916 Wise Ave., 63110	645-4418
Citizen Service Bureau , City Hall	622-4661
Clayton-Tamm Neighborhood Assn. , P.O. Box 5234, 63139	647-4222
Clifton Heights Neighborhood Assn. , 6131 Simpson Ave., 63139	645-0953
Dutchtown South , 4204 Virginia, 63111	352-4865
Ellendale Neighborhood Assn. , 7123 Rabenberg, 63143	561-7743
Fanning Neighborhood Assoc. , 3539 Giles 63116	772-6623
Fountain Park/Lewis Place Neighborhood Assoc. , #24 Lewis Pl, 63113	652-5203
FPSE Housing Corp. , 4471 Arco Ave., 63110	533-6704
Franz Park Neighborhood Assn. , P.O. Box 43001, 63143	542-9999
Grand Oak Hill Community Corp. , 4168 Juniata, 63116	865-5530
Hill 2000 Neighborhood Assn. , 2213 Sublette, 63110	645-3968
Hi-Point Residents Neighborhood Assn. , 6828 W. Park Ave., 63139	647-3909
Kings Area Neighborhood Assn. , 5154 Ashland, 63115	385-0768
Kings Oak Neighborhood Assn. , 35 Lawn Place, 63110	534-2399
Lindenwood Neighborhood Assn. , P.O. Box 1272, 63074	645-3691
North Side Community Center , 4120 Maffitt, 63113	531-4161
Northwest Concerned Neighbors , 5815 Maffitt, 63112	261-5683
Parkside South , 4261 Juanita 63116	776-7553
Penrose Self-Reliant Neigh. Assn. , 4725 Penrose, 63115	385-2522
Shaw Neighborhood , 2211 S. 39th, 63110	771-3101
Skinker DeBaliviere Comm. Council , 6008 Kingsbury, 63112	862-5122
SL Hills Neighborhood Assn. , 4729 Vienna, 63109	352-5621
Southwest Garden Neighborhood Assn. , 4950 Southwest Ave., 63110	772-6082
Tiffany Community Association , 3811 Blaine, 63110	771-1585
Tilles Park Neighborhood Assn. , 5663 Pernod, 63139	344-1100
Tower Grove Heights Association , 3735 Connecticut 63116	772-5982
West End Concerned Neighbors , 5969 Page, 63112	727-1645

PARENTING PROGRAMS

Parentlink	1-800-552-8522
A network of resources aimed to help parents raise their children. Provides information, programs, workshops and materials.	
Parents As Teachers-Lindenwood	781-8944
Parents As Teachers	752-4575
Self-help and peer support, group sessions on parenting.	

PRINCE HALL FAMILY SUPPORT CENTER

4411 N. Newstead, 63115.....	877-2000
Provides a wide variety of health and human services at one location with a mix of state and private-sector agencies. Some of the services available:	
Adult Basic Education	877-2036
Annie Malone Day Care and Respite Center	381-2410
Provides day care for infants and children ages 6 weeks to age 5 and respite (short-term) care for children birth to age 12.	
Comprehensive Health Clinic II	381-9990
Provides adult medicine, OB/GYN, pediatrics, podiatry, dental, pharmacy, family planning, mammography, hypertension control, diabetes control and laboratory services. The clinic is a part of the St. Louis Comprehensive Health Program	
Computer Village	877-2257
Teaches practical computer skills to youth and adults	
Department of Health and Senior Services	877-2100
Division of Child Support Enforcement	877-2200
Division of Family Services (DFS) Children's Services	877-2300
Division of Family Services/Temp. Assistance & Food Stamps	877-2400
Family Court-Juvenile Division	612-7908
Fortress Outreach	389-6100
Provides emergency shelter and safe housing to battered women and their children.	
Hopewell Center	531-1770
Helps chronically mentally ill patients readjust to the community.	
Missouri Mentoring Partnership	877-2012
Recruits and trains local individuals to be mentors.	
Parent Child Center, Inc.	867-1214
Provides employment services to non-custodial parents of minor children receiving, or eligible to receive, public assistance in the City of St. Louis	
Parents' Fair Share	877-2201
Offers job searches for non-custodial parents, who meet certain criteria, plus help with education through GED and vocational programs.	
Places for People	535-5600
Provides services to the chronically mentally ill.	
Respond, Inc.	727-3687
Works to increase the adoption and foster placement of minority children.	
St. Louis Caring Communities	877-2050
A school-based program that provides comprehensive, integrated and effective services to support children and their families.	
St. Louis ConnectCare Dialysis Unit	381-7696
Offers hemodialysis and a peritoneal program for individuals with kidney disease, known as End Stage Renal Disease.	
WIC	361-5728
A food program to help infants and children up to age five and pregnant and/or breast feeding mothers.	

RESPITE CARE

Respite care services provide people caring constantly for someone a way to have occasional rest. Some area groups offering respite-care services include:	
Cardinal Ritter Institute at Cardinal Carberry Senior Living Campus	961-8000
Children's Home Society of Missouri	968-2350
Edgewood Children's Center	968-2060

Jewish Center for Aged of Greater St. Louis	434-3330
Judevine Center for Autistic Children	849-4440
Marlborough House	962-0015
Residential Support Program-Easter Seal Lodge	644-6507
Ranken Jordan Extended Pediatric Care	993-1207
St. Louis Association for Retarded Citizens	569-0247
St. Louis Crisis Nursery	768-3899
St. Louis Peregrine Society	781-6775
St. Louis Respite Care	946-4774
United Cerebral Palsy Assoc.	994-1600

SENIOR CITIZEN ASSISTANCE

Aging Information	1-800-235-5503
American Red Cross Adult Care and Enrichment Center	921-5118
1625 Washington	
Ass'n. on Aging with Developmental Disabilities	647-8100
Programs assisting seniors with the desire to live as independently as possible.	
Available City-wide Transportation (A.C.T.)	383-4600
Transportation for seniors to medical appointments, clinics and shopping.	
Cardinal Ritter Institute	652-3600
4483 Lindell, 8:30 am. to 5 p.m., Monday through Friday.	
Provides home care for the elderly and chronically ill including nurses, home health aides, homemakers and physical, occupational and speech therapists; nursing home/housing placement.	
Care Cab Transportation Services	781-8443
Provides transit services for developmentally disabled/disabled to employment/training/education centers and for the elderly/disabled to day treatment/day care programs under state and city programs. Reserved ride service for a fee.	
Division of Family Services - City, 3545 Lindell	340-5000
Elderly men and women with financial need may receive aid for nursing care Medicaid and Food Stamps.	
Isaiah 58 Ministries	776-1410
2149 S. Grand. Provides Older Adults' Center.	
Grace Hill Neighborhood Services, 2600 Hadley	241-2200
Nourishment and meeting places for persons over 60. Home visit service offers counseling and health services and provides volunteer opportunities for older adults.	
Grand-Oak Hill Community Corporation 4168 Juniata	865-5530
Senior Lunch Program. Also, weatherization kits and some transportation and meal delivery, congregate meals, programs.	
H.O.P.E. (Housing Options Provided for the Elderly) 4265 Shaw	776-0155
Housing option consultation, education to community, resource for housing option development within Missouri.	
Home Delivered Meals SLAAA	612-5900
Meals on Wheels	268-1523
Missouri Dept. of Health and Senior Services	340-7300
Nursing Home Ombudsman Program, Div. of Senior Services	340-7353
Provides information and referral regarding nursing home placement, regulations, residents' rights and complaints about nursing homes.	
Program of Alternative Care for The Elderly (PACE)	771-5800
Provides social activities, nutrition and preventive health care management for the frail elderly who reside with a family. Assigns support staff for individuals who live alone and who need a minimal level of nursing home care or supervision and assistance for part of their daily care.	
St. Elizabeth Adult Day Care Center	772-5107

Adult day care for persons 60+; must have adequate mobility and need no more than moderate help with eating and toileting. Program includes leisure time activities, self-care training, information and referral, meals and snacks.

St. Louis Area Agency on Aging 612-5900

Provides programs and services for the city's elderly. Maintains a listing of senior citizen apartments and nursing home facilities. Meals at nutrition centers, home delivered meals, distribution of surplus food.

Senior Citizens and Handicapped Bus Fare Discounts 231-2345

Medicare card accepted on all buses any time. Reduced fare.

Senior Home Security Home Services, Inc. 531-9779

Provides assistance in home repair, weatherization, security, some plumbing, carpentry. Cost based on income.

St. Louis Area Agency on Aging 612-5900

State Senior Tax Programs-MO Dept. of Revenue 301-1660

SUPPORT GROUPS

Al Anon 645-1572

Alcoholics Anonymous 647-3683

Attention Deficit Center 991-7779

Free To Be Me (Overeaters Anonymous) 638-6070

Mental Health Association of St. Louis 773-1399

Neighborhood Association 771-0803

Nicotine Anon 832-9279

Overeaters Anonymous 638-6070

Parents Without Partners 966-4250

Parkinson's Disease Information 362-3299

Postpartum Depression Referral 362-MOMS

Recovery, Inc. (For persons with nervous symptoms) 770-9865

Sjogren's Syndrome Support Group 436-3560

Survivors of Suicide 647-3100

Toughlove Parents' Support Group 1-800-333-1069

Womens Support & Community Services 531-2003

UTILITY PROBLEMS

Consumer Advocate (Office of the Public Counsel) (573) 751-4857

This office represents consumers on utility matters.

Consumer Hotline (toll free) 1-800-392-4211

Public Service Commission St. Louis Office (314) 340-4680

VETERANS

St. Louis City Dept. of Human Services Veterans Services 622-3388

Veterans Administration & Outreach 1-800-827-1000

Vietnam Veterans Counseling Services 231-1260

Veterans Psychiatric Abuse/Fraud Hotline (314) 729-2854

VICTIMS OF CRIME

Aid for Victims of Crime - St. Louis 652-3623

Community Psychological Service 516-5824

Outpatient psychological service to rape victims (free).

Life Crisis Service 647-4357

Suicide crisis intervention hotline.

MADD Mothers Against Drunk Driving 426-1595

Survivor of Incest Anon 995-1901

Teen Hotline (KUTO - Kids Under Twenty-one) 644-5886

VITAL RECORDS/STATE

Missouri Department of Health, Division of Vital Records

P.O. Box 570, Jefferson City, MO 65102-0570

Birth Records (573) 751-6387

Death Records (573) 751-6374

Marriage, Divorce Records (573) 751-6382

City Hall Vital Records 613-3016

VOLUNTEERING

The Volunteer Center of the United Way of Greater St. Louis works to strengthen the community by promoting effective volunteer experiences. It helps both link individuals who want to volunteer with agencies that need them and also connects companies to hundreds of time-limited, hands-on volunteer projects. For additional information, contact Rick Skinner - United Way Volunteer Center at **539-4063** or at websites:

www.stl.unitedway.org or **www.stl-cares.org**

WOMEN'S ASSISTANCE

Also see "Families & Children" and "Emergency Shelter & Help"

Catholic Charities 531-0511

Isaiah's Ministries, 2149 S. Grand 776-1410

Provides Single Parents' Support Group with special education programs.

Legal Advocates for Abused Women 535-5229

Advocacy for victims abuse - provides legal advocacy for victims of abuse.

Marian Hall Agencies 726-3339

Parents As Teachers, 516 Loughborough 752-4575

At the Carondelet Area Community School 353-1599

Provides services to answer the needs of women who are mothers through group discussions, lectures and workshops; referral services in the area of physical and mental health, social services and counseling; drop-in service and child care program.

New Careers For Homemakers 644-9262

Free services to identify skills, interests and abilities; explore current labor market info.; learn about non-traditional jobs/training opportunities and how to conduct creative job search. Skill training in certain occupational areas available at nominal fees.

Our Lady's Inn 351-4590

Provides emergency shelter and care for homeless pregnant women 18+ at any stage of pregnancy. Counseling, parent training; help with adoptive procedures if desired. Fees BOATP.

O.W.L. - Older Women's League, 438 N. Skinker 725-5862

Woman's Place, 2716 Sutton Pl., Mapelwood, 63143 (314) 645-4848

Women's Safe House 772-4535

For women in crisis and their children. Group & individual counseling.

Women's Support and Community Services 646-7500

24 Hour Hotline	531-2003
Provides services to physically, sexually and emotionally abused women including victims of rape or incest. Support groups; court advocates. Referrals for housing and further counseling.	
The Women's Safehouse	772-4535
P.O. Box 63010, St. Louis 63163. Shelter and support for battered women and their children.	
YWCA Women's Resource Center	726-6665

YOUTH PROGRAMS

Boys Club of St. Louis	772-5661
Girls Club of St. Louis	385-8088 or 771-0044
Camp MBG (MO Botanical Gardens)	(314) 577-0233
Offers many exciting hands on and experience-oriented programs and activities in areas of Science, Ecology and Natural History for different age groups of young people 4 through 18. More information available from the Missouri Botanical Garden.	
Human Development Corporation	613-2200
Adult and youth services.	
Mathews Dickey Boys and Girls Club	382-5952
4245 N. Kingshighway	
YMCA Leader's Club , South City, 3150 Sublette	389-1511
Volunteer work and marketable job skills are the focus.	
YMCA Monsanto Family Center , 5555 Page	367-4646
YWCA	531-1115, 481-2422

— IMPORTANT PHONE NUMBERS —

ACORN	531-7023
Alliance for Animal Legislation , P.O. Box 270024 63126	994-1000
Alzheimer's Disease Association	432-3422
American Indian Center of Mid-America	773-3316
American Red Cross	658-2000
Arts & Education Fund	535-3600
Birth Records	613-3015
Blind & Physically Handicapped Library Services	1-800-392-2614
Bus & Metrolink Information	231-2345
Civil Rights Enforcement Agency	622-3301
Connect Care	361-2273
Consumer Fraud Hotline	1-800-392-8222
Death Records	613-3031
Driver's License Exam , 4626 S. Kingshighway	752-5100
Driver's License Exam , 1408 N. Kingshighway	877-1330
Drug Abuse Help: BASIC	621-9009
Emergency Services (Connect Regional)	361-2273
Election Board	622-4336
Election Issues Information Hotline	961-6869
Federal Information Center	1-800-688-9889
Federal Tax Forms (ordering)	1-800-829-1040

Food Stamps	(314) 426-9600
Forest Releaf	533-5323
Health Department	612-5100
Health & Referral	371-5225
Hearing & Speech Centers	968-4760
Immigration and Naturalization	1-800-375-5283
International Institute	773-9090
Jury Supervisor's Office	622-4457
Legislative Hotline (Public Library)	539-0376
Life Crisis Hotline	647-HELP
Lost Pets - Humane Society	647-8800
Animal Protective Association	645-4610
City Pound	353-5838
Marriage License Bureau	622-3257
Mental Health Association	773-1399
Missouri Botanical Garden	577-5100
Missouri Botanical Garden Answering Service	577-5143
Missouri Department of Transportation	340-4100
Motor Vehicle Licensing , 4628 S. Kingshighway	752-5100
Motor Vehicle Licensing , 1408 N. Kingshighway	877-1330
NAACP	361-8600
Narcotics Anonymous	830-3232
Police , Central Patrol, 919 N. Jefferson	444-2500
Police , South Patrol, 3157 Sublette	444-0100
Police , North Patrol, 4014 N. Union	444-0001
Postal Service Offices	1-800-275-8777
Rabies Control	353-5838
Rape Hotline	531-2003
RCGA (Chamber of Commerce)	231-5555
Statewide Road Conditions Hotline	1-800-222-6400
STD (Sexually Transmitted Diseases)	
Info (City Health Div.)	612-5200
National Hotline (STD & AIDS)	1-800-227-8922
STL Association for Gifted Children	878-5029
STL City Office on the Disabled	622-3686
STL Visitors' Center	241-1764
SIDS (Sudden Infant Death Program)	1-800-221-7437
Suicide/Crisis Intervention	647-HELP
Talking Tapes	646-0500
TDD Emergency Only (Contact St. Louis)	837-7470
Tourist Information	869-7100
Tower Grove Park	771-2679
Traffic Violation Bureau	622-3577
Urban League	615-3600
Vital Records	612-5252
Birth Records	613-3015
Death Records	613-3031
Zip Code Information	1-800-ASK-USPS